

“Spirit Girls: Core Yoga Practices for Peace and Well Being”

Designed for girls between the ages of 12 and 16, this 8 week course introduces girls to the fundamentals of yoga practice. Girls will learn breathing exercises that encourage peace and relaxation and reduce stress, fundamental yoga poses that encourage self-awareness, health and can be used to deal with life's ups and downs.

8 week program on Sundays from 4:00 to 5:30

Location: Arts from Heart Studio

Registration includes a journal and yoga mat

Cost is \$100.00

**Instructor: Alyssa Benedict, MPH, Yoga Practitioner,
Reiki Master and mother to three little yogis.**

To register go to www.artsfromtheheart.net